

The impact of food intake on the
health and individual human
development of adults

TODAYS LESSON

Title: To identify the impact of food intake on adult health

Success Criteria:

- Can name the key nutrients required for a healthy diet
- Can develop a healthy eating plan for an adult

Food intake

There are six categories of nutrients:

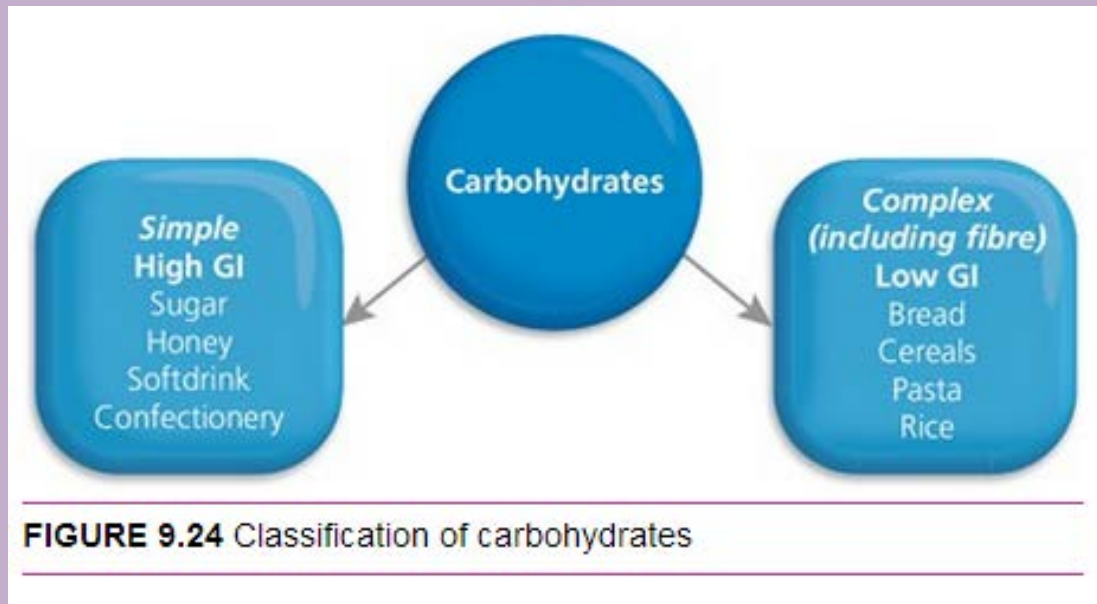
- carbohydrates
- protein
- minerals
- fats/lipids
- vitamins
- water.

Carbohydrates, fats and protein are referred to as macronutrients because they are required in relatively large amounts.

Vitamins and minerals are micronutrients because they are required in relatively smaller amounts.

Carbohydrates

These are the body's preferred source of energy. They are classified further into simple and complex carbohydrates



Fats

Along with carbohydrates, fats are a primary source of energy for the body. Fats also play a role in protecting internal organs and maintaining body temperature.

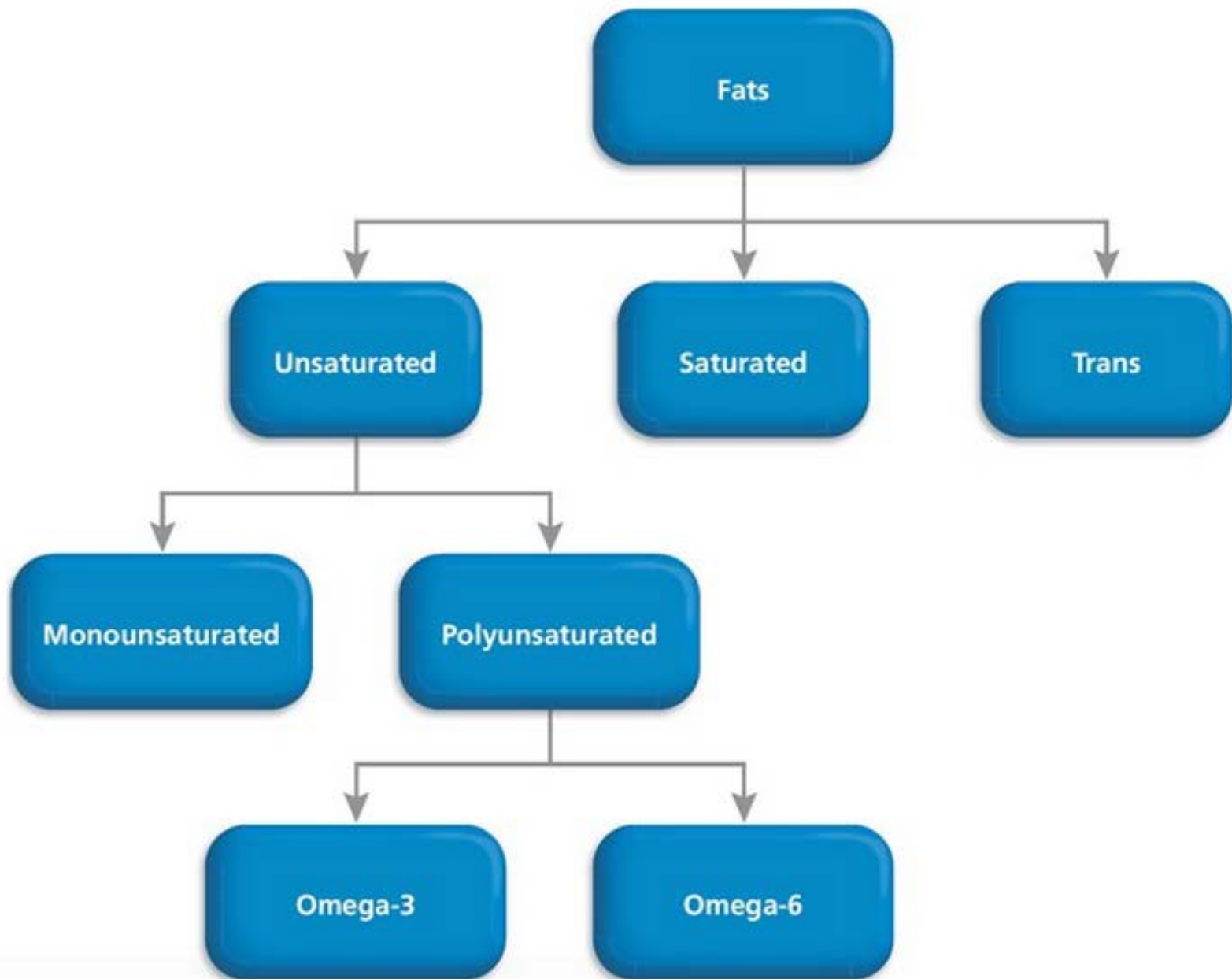


FIGURE 9.25 Classification of fats

Protein

- Protein is required for the growth, maintenance and repair of body cells and the manufacturing of hormones, enzymes and antibodies. It is also a secondary source of energy.

Vitamins

These occur as two types:

fat-soluble and water-soluble.

Fat-soluble vitamins are vitamins A, D, E and K. They are stored in body tissues and may become toxic to the body if over consumed.

Water-soluble vitamins include vitamin C and the B-group vitamins. They are not stored in the body and any excess intake is excreted in the urine.

Minerals

These include calcium, iron, potassium and iodine. These are all required for the effective functioning of the body.

Water

Water is required for the functioning of every cell in the body. It also regulates body temperature, acts as a lubricant for joints and assists in the removal of waste from the body.